

Report of the National Level Workshop on “Personality development and skill enhancement” as well an Inter-collegiate level student fest

Title of the Programme	“Personality development and skill enhancement” as well an Inter-collegiate level student fest
Date and duration	26/08/2022 and 27/08/2022
Name of the department	M.Sc. Biochemistry Programme
Objectives of the Programme	The aim of this workshop is to foster the academic and professional development of the postgraduate students, particularly nurturing leadership qualities, team building & management, and skill development.
Brief report of the programme (200 words) along with the Geo-tagged Photographs/Photographs with date and caption and outcome of the programme	The National Workshop was inaugurated by Prof. Boja Poojary, Department of Chemistry, Mangalore University, Dr. Chandrashekhar G. Joshi, Coordinator, M.Sc. Biochemistry Programme, Ms. Veeksha V Shetty, Student Convenor and Mr. Sandeepa K N Shetty, Organizing Secretary. Mr. Sandeepa K N Shetty welcomed the gathering. Prof. Boja Poojary elaborated on the need of this type of workshops in enhancing the skills of the participants. Dr. Chandrashekhar G. Joshi explained about the different events to be conducted. The inaugural program was followed by various skill based competitions for the participants. Next day (27/08/2022) a talk was given by Mrs. Mamatha Achar on “Capacity Development Programme”. In this talk various topics such as stressors in daily life & stress management, anxiety, management of time, exam related stress multitasking. After the talk Biochemistry alumni meeting was conducted and the workshop was concluded with vote of thanks by Ms. Pooja. (Geo-tagged Photographs- Enclosed)
Number of students participating in this capacity development/skill enhancement programme	49
Attach the following documents	1. Copy of brochure/flyer/circular (Enclosed) 2. Attendance sheets (Enclosed) 3. Certificates issued to the students, if any (Enclosed)


Coordinator
M.Sc. in Biochemistry
Mangalore University
Mangalagangothri - 57
Mangalore D.K.

MANGALORE UNIVERSITY

M.Sc. Biochemistry Programme
Mangalagangothri

A National Level Workshop on
Personality Development and Skill Enhancement

You are cordially invited to a lecture on

CAPACITY DEVELOPMENT PROGRAMME

By

Mrs. Mamatha Achar

Counsellor

Mangalore University

On

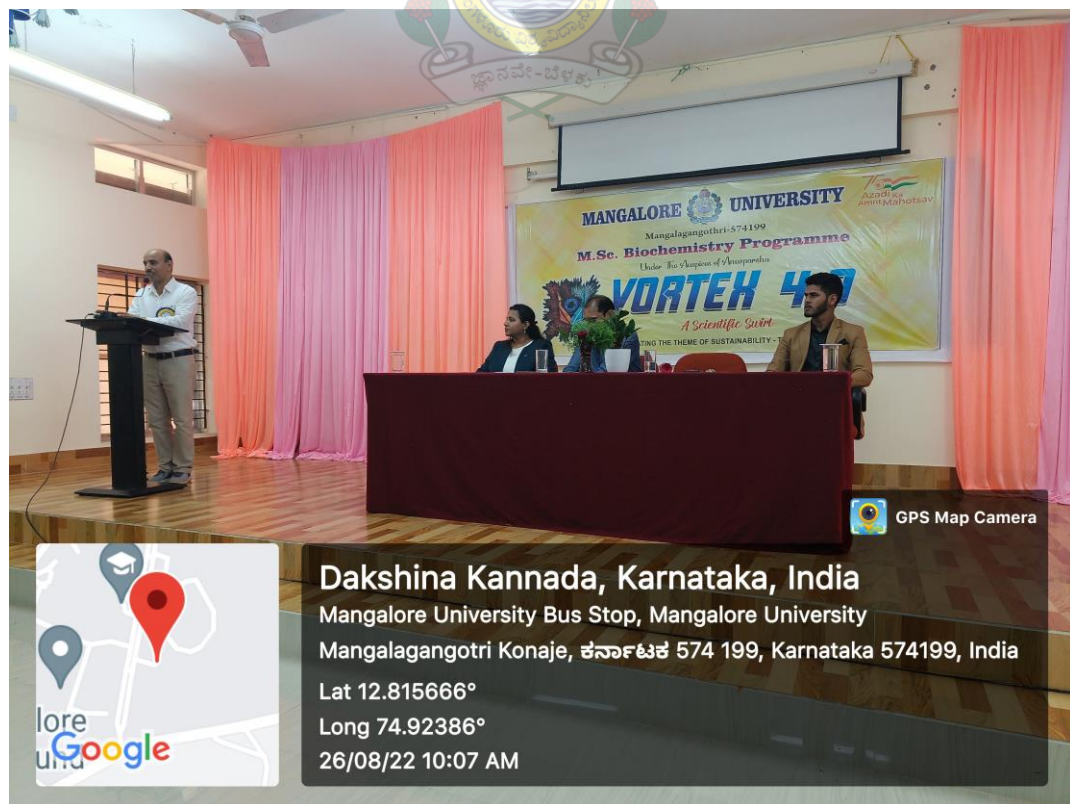
27th August 2022 @ 10.30 am

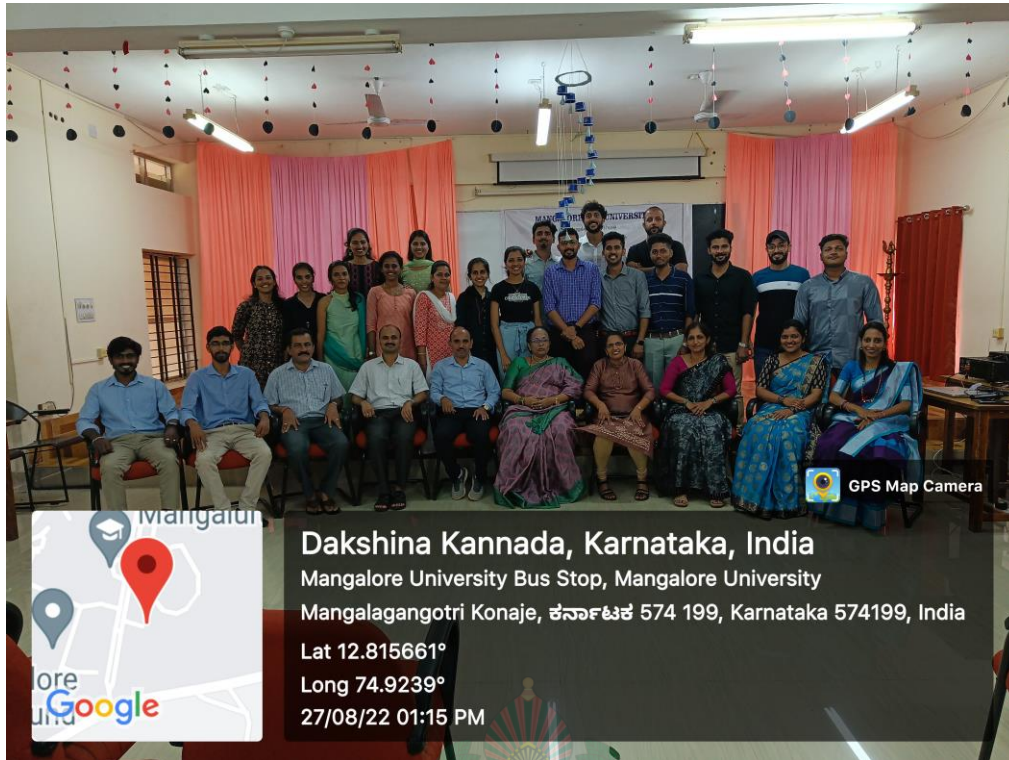
Venue : Srinivas Mallya Auditorium (MBA Seminar Hall)
Management Block

Topics to be covered

- Stressors in daily life & Stress management
- Anxiety and dealing with anxiety
- Performance anxiety
- How to manage the time?
- How to overcome exam-related stress?
- How to face an interview?
- How to deal with peer pressure?
- How to overcome stage fear ?
- Multitasking

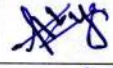
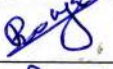
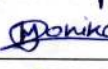
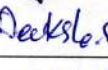
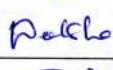
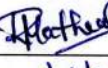
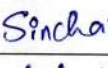
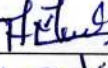
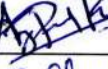
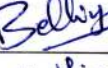
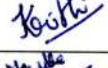
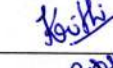
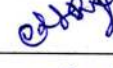
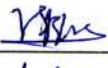
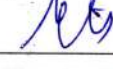
Alumni, Students, Research Scholars, Teaching and Non-teaching Staff
M.Sc. Biochemistry Programme





VORTEX 4.0

List of Participants

SL.NO	NAME OF PARTICIPANTS	INSTITUTE	CONTACT NUMBER	SIGNATURE	
				Registered	Certificates issued
1.	Athulya B	Kannur University	9496317002		
2.	Bhagya M		9496317002		
3.	Fathimath Naimunnisa		9747870692		
4.	Rinciya Basheer K		9947786650		
5.	Fareeha Nahid		9778586162		
6.	Varsha T S		9388117004		
7.	Akshatha B S		9496305981		
8.	Pragnashree J S	Alvas College	7899611867		
9.	Monika S		6362182295		
10.	Sudeshna		9535834129		
11.	Vinutha		7892006265		
12.	Jenifer Shery Pinto		6361706457		
13.	~~Manasa Bhat~~ Pradvi. P. Nayak.		8197089759		
14.	Deeksha R Shetty		7899558752		
15.	Roseline Mathew	Chikka aluvara	8197533309		
16.	Chandan K P		7337731697		
17.	Sinchana		6361580905		
18.	Ashik Muzair		9535820428		
19.	Ann Mariya Paulose		9148507343		
20.	Belliappa P M		7349050734		
21.	Krithi H K		7760021164		
22.	Ramanarayana Bhat	Zoology, MU	7676645469		
23.	Vishnu Shreekara Bhat		8618276351		
24.	Mahim		9449905641		

25.	Manish Chandra		9663460564	<i>Manish</i>	<i>Manish</i>
26.	P Pallavi Prabhu		9035567178	<i>Pallavi</i>	<i>Pallavi</i>
27.	Shrinivas A		9663940391	<i>Shrinivas</i>	<i>Shrinivas</i>
28.	Suma Kote		8861625969	<i>Suma</i>	<i>Suma</i>
29.	Nishad Saida Banu	Bioscience , MU	9880515773	<i>Nishad</i>	<i>Nishad</i>
30.	Amritha V Samani		6361676250	<i>Amritha</i>	<i>Amritha</i>
31.	Sumanth		8970541978	<i>Sumanth</i>	<i>Sumanth</i>
32.	Mahida Vaseem		8157880285	<i>Mahida</i>	<i>Mahida</i>
33.	Abhina K		7994459189	<i>Abhina</i>	<i>Abhina</i>
34.	Ashwini		7624882927	<i>Ashwini</i>	<i>Ashwini</i>
35.	Shilpashree		9380889057	<i>Shilpa</i>	<i>Shilpa</i>
36.	Joel Rimson Pinto	Biotechnology, MU	9483776700	<i>Joel</i>	<i>Joel</i>
37.	Shreeranjani U		7892355418	<i>Shreeranjani</i>	<i>Shreeranjani</i>
38.	Pradeeth A		9743509860	<i>Pradeeth</i>	<i>Pradeeth</i>
39.	Jeevanesh ~~chandra~~ J R		9480184963	<i>Jeevanesh</i>	<i>Jeevanesh</i>
40.	Deepika Bhat K		9731520848	<i>Deepika</i>	<i>Deepika</i>
41.	Apoorva D		7090200911	<i>Apoorva</i>	<i>Apoorva</i>
42.	Shrinidhi Bhat		7338220847	<i>Shrinidhi</i>	<i>Shrinidhi</i>
43.	Shivanth Umesh	EVS, MU	9495962574	<i>Shivanth</i>	<i>Shivanth</i>
44.	Sushma Perana		7996371284	<i>Sushma</i>	<i>Sushma</i>
45.	Penta Sai kumar		7032998929	<i>P. Sai Kumar</i>	<i>P. Sai Kumar</i>
46.	A V Pooja		8762452320	<i>Pooja</i>	<i>Pooja</i>
47.	George Mathew		9142336002	<i>George</i>	<i>George</i>
48.	Maneesha		8748831104	<i>Maneesha</i>	<i>Maneesha</i>
49.	Anjana Sharma <i>K</i>		9526688408	<i>Anjana</i>	<i>Anjana</i>